



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09447, Plantains, yellow, fried, Latino restaurant

Report Date: June 30, 2017 23:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	49.04	3	4.027	41.26	54.74	2.0	31.715	66.37	1	Analytical or derived from analytical	--	07/2009
Energy	kcal	236	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Energy	kJ	989	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Protein ¹	g	1.42	3	0.199	1.19	1.81	2.0	0.562	2.271	1	Analytical or derived from analytical	--	07/2009
Total lipid (fat) ¹	g	7.51	3	1.672	5.2	10.76	2.0	0.317	14.701	1	Analytical or derived from analytical	--	07/2009
Ash ¹	g	1.26	3	0.080	1.13	1.4	2.0	0.921	1.608	1	Analytical or derived from analytical	--	07/2009
Carbohydrate, by difference	g	40.77	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Fiber, total dietary ¹	g	3.2	3	0.186	2.8	3.4	2.0	2.368	3.965	1	Analytical or derived from analytical	--	07/2009
Sugars, total ¹	g	21.76	3	5.715	14.15	32.95	2.0	-2.828	46.348	1	Analytical or derived from analytical	--	07/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	11.93	3	3.956	5.19	18.89	2.0	-5.093	28.953	1	Analytical or derived from analytical	--	07/2009
Glucose (dextrose) 1	g	4.97	3	1.068	3.45	7.03	2.0	0.374	9.566	1	Analytical or derived from analytical	--	07/2009
Fructose 1	g	4.86	3	1.169	3.02	7.03	2.0	-0.171	9.891	1	Analytical or derived from analytical	--	07/2009
Lactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2009
Maltose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2009
Galactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2009
Starch 1	g	13.27	3	2.515	8.4	16.8	2.0	2.446	24.087	1	Analytical or derived from analytical	--	07/2009
Minerals													
Calcium, Ca 1	mg	6	3	0.428	5	7	2.0	4.0	7.68	1	Analytical or derived from analytical	--	07/2009
Iron, Fe 1	mg	0.62	3	0.234	0.37	1.08	2.0	-0.389	1.622	1	Analytical or derived from analytical	--	07/2009
Magnesium, Mg 1	mg	45	3	5.420	37	55	2.0	21.244	67.889	1	Analytical or derived from analytical	--	07/2009

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Phosphorus, P 1	mg	43	3	2.979	37	47	2.0	29.949	55.584	1	Analytical or derived from analytical	--	07/2009
Potassium, K 1	mg	507	3	31.440	446	550	2.0	372.06	642.607	1	Analytical or derived from analytical	--	07/2009
Sodium, Na 1	mg	6	3	1.181	4	7	2.0	0.977	11.143	1	Analytical or derived from analytical	--	07/2009
Zinc, Zn 1	mg	0.24	3	0.034	0.19	0.3	2.0	0.095	0.385	1	Analytical or derived from analytical	--	07/2009
Copper, Cu 1	mg	0.116	3	0.016	0.1	0.15	2.0	0.049	0.183	1	Analytical or derived from analytical	--	07/2009
Manganese, Mn 1	mg	0.280	3	0.028	0.23	0.32	2.0	0.16	0.399	1	Analytical or derived from analytical	--	07/2009
Selenium, Se 1	µg	0.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Vitamins													
Thiamin 1	mg	0.070	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Riboflavin 1	mg	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Niacin 1	mg	0.837	4	0.058	0.77	1.01	3.0	0.654	1.021	1	Analytical or derived from analytical	--	07/2009

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Pantothenic acid 1	mg	0.600	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Vitamin B-6 1	mg	0.290	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Vitamin A, RAE 1	µg	66	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Carotene, beta 1	µg	582	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Carotene, alpha 1	µg	407	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Cryptoxanthin, beta 1	µg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Vitamin A, IU 1	IU	1318	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Lycopene 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Lutein + zeaxanthin 1	µg	100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Vitamin E (alpha-tocopherol) 1	mg	1.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta ¹	mg	0.02	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Tocopherol, gamma ¹	mg	1.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Tocopherol, delta ¹	mg	0.53	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Vitamin K (phylloquinone) ¹	μg	31.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Lipids													
Fatty acids, total saturated	g	1.816	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
6:0 ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2009
8:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
10:0 ¹	g	0.011	3	0.002	0.01	0.01	2.0	0.003	0.019	1	Analytical or derived from analytical	--	07/2009
12:0 ¹	g	0.005	3	0.001	0	0.01	2.0	--	0.011	1	Analytical or derived from analytical	--	07/2009
14:0 ¹	g	0.047	3	0.035	0.01	0.12	2.0	-0.102	0.196	1	Analytical or derived from analytical	--	07/2009

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15:0 1	g	0.004	3	0.002	0	0.01	2.0	-0.003	0.011	1	Analytical or derived from analytical	--	07/2009
16:0 1	g	1.211	3	0.433	0.55	2.03	2.0	-0.651	3.073	1	Analytical or derived from analytical	--	07/2009
17:0 1	g	0.015	3	0.009	0.01	0.03	2.0	-0.024	0.054	1	Analytical or derived from analytical	--	07/2009
18:0 1	g	0.489	3	0.264	0.19	1.02	2.0	-0.648	1.626	1	Analytical or derived from analytical	--	07/2009
20:0 1	g	0.018	3	0.001	0.02	0.02	2.0	0.014	0.021	1	Analytical or derived from analytical	--	07/2009
22:0 1	g	0.010	3	0.004	0	0.02	2.0	-0.006	0.026	1	Analytical or derived from analytical	--	07/2009
24:0 1	g	0.005	3	0.002	0	0.01	2.0	-0.002	0.013	1	Analytical or derived from analytical	--	07/2009
Fatty acids, total monounsaturated	g	2.319	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
14:1 1	g	0.001	3	0.001	0	0	2.0	-0.002	0.004	1	Analytical or derived from analytical	--	07/2009
15:1 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated ¹	g	0.076	3	0.058	0.01	0.19	2.0	-0.173	0.325	1	Analytical or derived from analytical	--	07/2009
16:1 c ¹	g	0.075	3	0.057	0.01	0.19	2.0	-0.169	0.318	1	Analytical or derived from analytical	--	07/2009
16:1 t ¹	g	0.001	3	0.001	0	0	2.0	-0.004	0.007	1	Analytical or derived from analytical	--	07/2009
17:1 ¹	g	0.001	3	0.001	0	0	2.0	-0.002	0.004	1	Analytical or derived from analytical	--	07/2009
18:1 undifferentiated ¹	g	2.207	3	0.736	1.38	3.67	2.0	-0.961	5.374	1	Analytical or derived from analytical	--	07/2009
18:1 c ¹	g	2.131	3	0.727	1.26	3.58	2.0	-0.997	5.259	1	Analytical or derived from analytical	--	07/2009
18:1 t ¹	g	0.076	3	0.033	0.01	0.12	2.0	-0.067	0.218	1	Analytical or derived from analytical	--	07/2009
20:1 ¹	g	0.033	3	0.020	0.01	0.07	2.0	-0.051	0.117	1	Analytical or derived from analytical	--	07/2009
22:1 undifferentiated ¹	g	0.000	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	07/2009
22:1 c ¹	g	0.000	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	07/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 t ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2009
24:1 c ¹	g	0.002	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2009
Fatty acids, total polyunsaturated	g	2.275	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
18:2 undifferentiated ¹	g	2.017	3	0.207	1.6	2.25	2.0	1.127	2.907	1	Analytical or derived from analytical	--	07/2009
18:2 n-6 c,c ¹	g	1.971	3	0.211	1.55	2.19	2.0	1.062	2.88	1	Analytical or derived from analytical	--	07/2009
18:2 CLAs ¹	g	0.011	3	0.004	0.01	0.02	2.0	-0.007	0.03	1	Analytical or derived from analytical	--	07/2009
18:2 t not further defined ¹	g	0.034	3	0.006	0.02	0.04	2.0	0.007	0.062	1	Analytical or derived from analytical	--	07/2009
18:3 undifferentiated ¹	g	0.219	3	0.053	0.14	0.32	2.0	-0.011	0.449	1	Analytical or derived from analytical	--	07/2009
18:3 n-3 c,c,c (ALA) ¹	g	0.218	3	0.054	0.14	0.32	2.0	-0.014	0.45	1	Analytical or derived from analytical	--	07/2009
18:3 n-6 c,c,c ¹	g	0.001	3	0.001	0	0	2.0	-0.002	0.005	1	Analytical or derived from analytical	--	07/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2009
20:2 n-6 c,c ¹	g	0.022	3	0.018	0	0.06	2.0	-0.055	0.098	1	Analytical or derived from analytical	--	07/2009
20:3 undifferentiated ¹	g	0.005	3	0.005	0	0.02	2.0	-0.018	0.028	1	Analytical or derived from analytical	--	07/2009
20:3 n-6 ¹	g	0.002	3	0.002	0	0.01	2.0	-0.008	0.012	1	Analytical or derived from analytical	--	07/2009
20:4 undifferentiated ¹	g	0.005	3	0.004	0	0.01	2.0	-0.013	0.024	1	Analytical or derived from analytical	--	07/2009
20:5 n-3 (EPA) ¹	g	0.001	3	0.001	0	0	2.0	-0.001	0.003	1	Analytical or derived from analytical	--	07/2009
22:4 ¹	g	0.003	3	0.001	0	0.01	2.0	-0.002	0.009	1	Analytical or derived from analytical	--	07/2009
22:5 n-3 (DPA) ¹	g	0.001	3	0.001	0	0	2.0	-0.004	0.007	1	Analytical or derived from analytical	--	07/2009
22:6 n-3 (DHA) ¹	g	0.001	3	0.001	0	0	2.0	-0.002	0.004	1	Analytical or derived from analytical	--	07/2009
Fatty acids, total trans	g	0.111	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Fatty acids, total trans-monoenoic	g	0.077	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11h, 2007 Beltsville MD

